



WORKING WELLNESS

Good Health is Good Business

NOVEMBER
2015

is...

Lung Cancer
Awareness
Month

National
Diabetes
Month

COPD
Awareness
Month

National
Alzheimer's
Disease
Awareness
Month

National
Stomach
Cancer
Awareness
Month

With

Get Smart
About
Antibiotics
Week

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
[http://healthfinder.gov
v/NHO/nho.aspx](http://healthfinder.gov/NHO/nho.aspx)

QUIT SMOKING NOW



Smokers who want to kick the habit and have a powerful partner can register for the Quit Smoking Now Program sponsored by AHEC.

THE QUIT SMOKING NOW PROGRAM OFFERS:

1 hour a week counseling sessions (up to 6 weeks)
Group support and guidance (includes materials such as a 4 week supply of nicotine replacements).

TOOLS TO QUIT PROGRAM:

Often used as an intro to the Quit Smoking Now Program and includes a 2 hour seminar with 2 weeks of nicotine replacements

You can take the class as many times as you want but you are entitled to only 8 weeks of nicotine replacements per year.

Also, they can do Private worksite smoking cessation programs and its all for FREE !

Visit keystoquitsmoking.com or call 305-743-7111 x205

** Our prescription company Envision also offers a **\$0 Co-Pay** for smoking cessation materials (prescription required) in other words this is also another **FREE way to quit smoking today !**

CALL 1-800-361-4542 for more info.



ONLINE PHA : CLOSING 01/31/16

If you were not able to attend one of our 2015 Health & Wellness Fairs; we would still like to have you complete the Online Personal Health Assessment to help us with the future development of our Wellness Program. Also, earn 4 hours PTO! (Excluding MCSO, Clerk of Court, Tax Collector & Supervisor of Elections).



SPOTLIGHT OF THE MONTH: BLOOD WORK

QUEST Lab services is FREE – no cost-share, no deductible !

- When a doctor requests blood work; the member should ask which lab they use **BEFORE** having the test done.

Many doctors have **QUEST** pick up their test right from their office.

If QUEST is not available at the doctor's office **the member should ask** the doctor to order the test from the QUEST lab and not the hospital.

The member can take the order for the test to the nearest QUEST lab:

- In **Key West** they are located at 3428 N. Roosevelt Blvd (Dr. Cantana building) the phone number is 295-9797.
- In **Marathon** they are located at 2855 Overseas Hwy (old Salvation Army building) the phone number is 743-4000.
- In **Homestead** they are located at 925 North East 30th Terrace, Suite 108 and the phone number is 866-697-8378.



SPOTLIGHT OF THE MONTH: QUANTUM EAP

The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation**.

** **For employees that missed the EAP Workshop in June:** The Employee Assistance Program Workshop and Communication in the Workplace Training videos are now available via the Monroe County Intranet Portal and are located under the training video heading. The workshop featured a session designed especially for those in supervisory positions and a separate session designed for all employees. In addition, the power point presentations that go along with the workshops are also available to you by contacting the employee benefits office.

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says "employer support". Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.



Available 24/7 @ 1-877-747-1200

Or

Check out their website

<http://www.accessqhs.com/>



COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



DO YOU FOLLOW THESE RULES?



Most of us use ladders either on the job or at home.

How many of these rules do you always follow?

Set the ladder on firm **level** ground;

Secure the ladder if possible;

Keep the **area** around the bottom of the ladder **clear**;

Stepladders must have all four legs on solid ground with the **spreaders** locked fully **open**;



Never use a stepladder **leaning** against a wall;

M a k e sure the rungs are **clean**;

Make sure your **body** stays **centered** between the side rails;

N e v e r over reach while on a ladder – if you can't reach, climb down and move the ladder;



N e v e r carry anything while climbing - a t t a c h items to your tool belt or pull them up on a line afterwards;
A l w a y s

h a v e **t h r e e** **p o i n t** **c o n t a c t**;

N e v e r step on the very **top** or the top step of a stepladder;



Extension ladders should extend **three feet above** the working level and should have the base **secured** or have non skid feet.

Don't **move** a ladder while you're on it;

Only have **one person** on a ladder at a time;

Never use a stepladder to support a work **platform**.

Never attach ladders together.

Only place ladders on the **ground or floor**.

Twice as many falls occur while climbing down than up!

The main cause of falls from straight ladders is from the ladder base sliding!

The main cause of falls from a stepladder is tipping sideways!

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

A word from the Safety Officer

The Safety Corner will return next month. If you have any questions regarding your safety, please contact our Safety Officer Mark Gongre @ 305-292-4559.



Sources are referenced and available upon request. It is not our intention to diagnose or treat illness. For personal health problems or major changes in diet or exercise, please consult your physician. If you have any questions or concerns, please contact the Benefits Office at 305-292-4446 or extension 4446. Website links shown may be disabled.